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Can Do MS Podcast Transcript
2023 Mindful Moments: Week 42
Episode 154

Megan Weigel: Hello, my name is Megan Weigel, nurse practitioner and MS-certified nurse. I'm your host and I'm excited to invite you back for another week of Mindful Moments. We'd like to thank our sponsors for their generous support of this podcast series. But most of all, I'd like to thank you for joining me to share in this week's Mantra. It's Week 42. We've made it almost through the entire year. This week's Mantra is, no is a complete sentence. Hmm. What do I mean by that? Well, let's go ahead and get seated into a relaxed, meditation position and will think our way through it. No is a complete sentence. Take a deep breath in. Inhale one more sip beyond what you thought was the top of your breath. Exhale your breath all the way out. Push the last little bit of air out of your belly. For the next few minutes, for your inhales and your exhales be a little bit slower and deeper than usual.

[(2:00)] No is a complete sentence. I don't know about you guys, but when somebody asks me to do something that I can't do, I feel the need to explain myself. And so, the paragraph usually begins with, "No, I can't but," or, "I can't because," and I give a reason. And then because I feel guilty for saying no, I usually follow up the reason with, "But I'd love to help you do X, Y, or Z," or "I'd love to help you another time." The fact of the matter is the person who's receiving the no doesn't care why I can't do it. They just want to know whether I can or whether I can't, so they can stop their search or they can keep looking. It's hard for us to stop it, no. But no is a complete sentence. Think about the last time someone asked you to do something and you said, no. Did you follow that no up with a but or a because?

[(4:00)] No is a complete sentence. Let's go back to that situation that you just

replayed in your mind's eye. And let's imagine that situation with a different ending. And the different ending is you just saying, [(6:00)]"No, thanks for asking. No, I'm not available that day. No, I can't do it. No, it doesn't serve me right now."

[(8:00)] No is a complete sentence. In order to make space for the dreams that we're trying to create, we need to stop the people-pleasing and the filling of space. Think of how much time you'd save if you just said, no. No is a complete sentence.

Thanks for listening to this episode of Mindful Moment. We hope that today's Mantra resonates with you and guides you through your week. Remember, mindfulness does not have to be difficult. And saying no doesn't have to take five minutes. If you enjoyed this episode, please consider sharing the podcast with a friend. Thanks again and we'll see you next week.

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